

Abstract

The invention provides a fat and oil composition for bakery products, which contains 50 to 85 parts by weight of (A) edible fat and oil wherein the content of unsaturated fatty acid residues in the total constituent fatty acids thereof is 75 wt% or more, 10 to 35 parts by weight of (B) an emulsifier, and 0.1 to 10 parts by weight of (C) a humectant, wherein the (A)/(B) ratio by weight is 6.5 or less, as well as a bakery product compounded with the fat and oil composition for bakery products. The invention also provides use of the fat and oil composition in producing bakery products and a method of producing a bakery product by adding the fat and oil composition to dough.